



ALOHA PUMEHANA

June 2004 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication
Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

YAPYAPAN AND HYER OUTSTANDING!

By Lot Lau

Edward M. Yapyapan and **Ellen B. Hyer** were honored recently as the 2004 Male and Female Senior Volunteers of the Year for the City and County of Honolulu. Selected from a field of 83 nominees, Yapyapan and Hyer are outstanding examples of people the theme, "Dedicating Longer Lives to Greater Services," was intended to honor. The theme urges elders to use their gift of longer lives to serve others in need and, giving credit to improvements in nutrition, advances in medical science and public health, to enable them to give back to their communities.

A Senior Companion Program nominee, Yapyapan accepted every client assigned, no matter how far from his Waipahu home. Although he has not served very long, his impressive performance earned him an appointment on the Senior Companion Advisory Council, where he represents concerns and views of other companions. In spite of having to care for his wife during a long illness, he continued volunteering with devotion and dedication. His nominee said, "He is truly making a difference in the lives of his clients and caregivers."

A resident of Wahiawa, Hyer is involved with and cares for her community. An active member of



Ellen Hyer

and nominated by the Wahiawa Seniors Rainbow Club, she has helped ailing friends, urged owners to clear and beautify their property, and convinced the City to dredge a stream in time to avoid damage during recent heavy flooding. She contributes time to the Hawaiian Civic Club, Friends of Wahiawa Library, and Friends of Honolulu Botanical Gardens. Her nominator says, "She is blessed with a big heart that compels her to make her community better, contributing many thousands of hours."

Prior to announcing the top winners, Akamai Living Lifetime Achievement Awards were bestowed on six individuals who have made significant contributions to their communities.

The Platinum Award was presented to **Barbie Paris**, from the Waikiki Community Center. A volunteer with the Hawaii State Theater Council, American Cancer Society, UH School of Gerontology, and Pearl Harbor Federal Managers, her greatest love is the Steptaculars, a dance group which she has led for 11 years. She said she does all this because "When I help others, I help myself."

Gold Awards went to **Lorraine**



Akana and Kimi Matsuda.

Akana, nominated by Makua Alii Seniors, has been a Vice President or President of Makua Alii and Platinum Seniors. She volunteers for the Hawaii Theater, her retiree club, and high school reunion committee among other organizations. She gives a positive "can do" attitude to fundraising projects for her senior clubs.

Matsuda, nominated by the Sons and Daughters of the 100th Infantry Battalion, has interests and concerns that span generations - from advocating for the Hawaii Association for Young Adults to the Coalition for Affordable Living and Long Term Care Services. Having strong ties to her Kauai roots, she has served as treasurer of Maukele Kauai Club and her Waimea High School



Lorraine Akana



Kimi Matsuda

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class reunion organizer. She gives much to the Club 100 ukulele club, coordinates the Family Support Group, and volunteers at the 100th Battalion events. Her nominator says she is a "rare gem who unselfishly uses her talents for others."

The Silver Award was presented to **So Pun Ku** from the Lanakila Korean Cultural Club and **Bertha Maunupau** from the Salt Lake Seniors. Ku participates in her club as a friendly visitor and entertainer at nursing homes, hospitals, and community events. A devout member of Buryansa, she goes to the Buddhist temple every-day to do whatever is needed. Her strong sense of "hyodo," the Korean cultural value of helping, makes her



So Pun Ku

a role model for peers and the younger generation.

A volunteer for Salt Lake Seniors, St. John the Baptist Catholic Church, and New Hope Christian Fellowship, Maunupau is a fundraiser, instructor and performer of hula, ukulele and songs, and a teacher of arts and crafts. Her nominator praises her leadership qualities, infectious laughter and warm words that make her the center of most club activities.



Bertha Maunupau

The Bronze was awarded to **Bea Aquino**, from the Pali Seniors. She has been elected either Vice President or President of her Kupuna Club and the Filipino Catholic Club at St. Ann's Church. She is especially devoted to the Pali Seniors' Na Mele Choral Group, entertaining at care



Bea Aquino

homes, hospitals, and day care centers. She has been a caregiver for several frail or disabled family members. She has faced many challenges, but her nominator says she remains cheerful, willing to listen and be helpful.

The 38th Annual Senior Recognition program was held at the Tapa Ballroom of the Hilton Hawaiian Village where 1,200 family and friends were entertained by the Makua Alii Singers, the Royal Hawaiian Band, Double Espresso, and Miss Hawaii 2003 Kanoe Gibson. KITV Channel 4 news anchors, Pamela Young and Gary Sprinkle, served as the program's emcees. The Honolulu Committee on Aging sponsored the annual event, with generous support from the Hawaii Medical Service Association (HMSA) and the Hilton Hawaiian Village Resort.



By Cullen T. Hayashida, Ph.D.

Advises...

Loss of Independence from Falls: Tips to Accessing Help Immediately After an Accident

Consider these statistics:

- Approximately 30 percent of all seniors over 65 fall annually.
- After 65 years of age, 60 percent of all hospital emergency room admissions are the result of falls in or around the home.
- Close to 40 percent of all falls or accidents in the home take place in the bathroom
- Over 20% of the time, victims lay incapacitated for over 12 hours.
- People found within one hour of a fall are 5 times more like to survive than those who remain helpless for over 12 hours.

To prevent or reduce the trauma of falling, remove clutter, anchor slippery rugs, cover loose electrical cords, fix uneven steps and adjust lighting. Exercise, medication review, medication compliance, good footwear and vision testing are also important.

Nevertheless, falls can still occur. To assure that access to immedi-

ate help is available when falls happen, have your emergency phone numbers close to your telephone. In addition, there is a service called Personal Emergency Response Systems (PERS) that can provide an affordable and helpful tool for seniors. Technological improvements have made this service more valuable. Wider coverage areas, faster response times, reliable backup power and other services such as medication verification, health wellness monitoring, blood glucose and other electronic or diagnostic monitoring, and social companion non-emergency access lines are now available. With PERS, it is possible for frail and disabled elders to remain independent at home - safely - and to assure the family that their loved one is never alone.

If you are considering a PERS service:

- Don't fall for high-pressure sales tactics.
- Choose a local provider.
- Rent equipment instead of buying.

- Make sure you can cancel at any time.
- Evaluate several products. Is the equipment UL approved? What is the Monitoring Center's operator to subscriber ratio? What assurances are there to protect against system failures? How large an area can the PERS cover? Is the pendant waterproof? What added exclusive features does the system provide?
- Cost to Value: Do not base decision only on the lowest price. Generally, monitoring services cost under \$50 per month with installation also costing about \$50. Are there additional charges for maintenance or repair? Can you cancel at any time? Are their charges for false alarms?

For referrals to local vendors/distributors of PERS, call the Senior Hotline at **523-4545**.

E Komo Mai

By
Tony
Baccay

In an installation ceremony held on February 20, 2004, Mayor Jeremy Harris appointed five new members to the Honolulu Committee on Aging (HCOA), a citizen advisory body to the Elderly Affairs Division (EAD). They were selected on the basis of their experience and interest in aging, effectiveness in promoting the welfare of elders, and knowledge of local conditions.



Cullen Hayashida

Cullen Hayashida is well known in local aging circles, having worked as a Kuakini Geriatric Care researcher, Maluhia Hospital health planner, and University of Hawaii lecturer. He is currently the Coordinator of the Long-Term Care Resource Center Initiative at Kapiolani Community College and serves as a long term care service development consultant to Palolo Chinese Home and Maui Memorial Medical Center. In addition to being active in the Hawaii Pacific Gerontological Society, Hayashida serves as a board member of the Moanalua Gardens Community Association, Board of Medical Examiners, and Assisted Living Options of Hawaii. "Our wish is to have people remain at home, independently and safely, for as long as possible and to give the family peace of mind," Hayashida said when asked what he would wish for seniors.

Doreen Higa, a licensed speech-language pathologist with the State of Hawaii Center for the Deaf and Blind, is a lecturer at the Honolulu Com-



Doreen Higa

munity College and University of Hawaii. She has been affiliated with numerous professional organizations such as the Hawaii State Coordinating Council on Deafness, Hawaii Services on Deafness, and Hawaii Speech-Language-Hearing Association and cultural organizations such as the Hawaii United Okinawan Association and Minami Nakagusuku Sonjin Kai. As part of the City sponsored Hard-of-Hearing coalition, Higa was a key asset in the production of the "Guide to Better Hearing," now in its third edition. When asked about her interest in joining the HCOA, Higa replied, "I love being with vibrant seniors. My parents are in this group, as are their siblings, and they have taught me well."

Alice Nagano, a Senior Market Planner with Hawaii Medical Service Association (HMSA), plans, coordinates, and implements activities related to senior health plans and community events. In the last several years, she was involved as a planning partner and sponsor of the Mayor's Senior Recognition Program, an HCOA-sponsored event held annually in April. She was also instrumental in planning the Oahu Caregivers Conferences held in 2002 and 2003 and the upcoming July 2004 conference at the Sheraton Waikiki Hotel. A Hospice Hawaii volunteer, Nagano recently worked with EAD staff to set up a caregiver support group at HMSA for its employees. "My greatest pleasure is to help people realize their potential and to encourage their efforts, whether they are improving themselves, or caring for family and friends," Nagano said, when asked why she likes working with older adult.



Alice Nagano



Richard Tokuoka

Richard Tokuoka, a Maui native and a retired branch manager of Central Pacific Bank, is an active volunteer of Project Dana, an interfaith cooperative effort that trains volunteers to provide in-home assistance to disabled and frail elderly persons. Tokuoka serves as the Assistant Coordinator for Project Dana's Pearl City Hongwanji station. He is also active at the Pearl City Hongwanji Temple, spearheading its Centennial celebration, planning an adult day care program, and serving as its treasurer. When asked how he felt about being a Project Dana volunteer, Tokuoka said, "Project Dana has made me realize that there are many frail and elderly people in need of simple things like list shopping, transportation to doctors, or just a friendly visit. Trying to enhance the quality of life of these people is a gratifying experience in itself. You get so much more back when you interact with them and see the client's appreciative smile."

Florence Ward has had a varied professional career: a music teacher, a graduate gemologist, a behavior management specialist, and most recently, a respite case manager and companion aide for the elderly. She was employed by Child and Family Service as a Respite Coordinator and is currently caring for a senior client with Parkinson's disease. Her varied background and experience as a direct service provider and coordinator of respite services provides the Committee with invaluable insights. "More than anything, I would like to encourage seniors to participate in community activities," Ward said when asked what she would like



Florence Ward

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E KOMO MAI Continued from page 3

more seniors to do. "I would like to encourage them to actively maintain their relations between family and friends."

The five new appointees join current members: Charles Clark, Chair; Maryellen Markley, Vice-Chair; Helen Dias-Kapura Hu, Secretary; Rev. Darrow Aiona; Michael Cheang; Michael Hirao; Bette Larrabee; Ralph Matsuda; Joan Naguwa; Eugene Ogan; and Ruth Stepulis.

EAD Welcomes New Staff: Melanie Hite and Kelly Yoshimoto recently joined the staff of EAD as Clerk Typists. They are responsible for ensuring data from service providers is accurately inputted into the EAD database.



Melanie Hite

Born and raised in Hawaii, **Melanie Hite** is the daughter of a Filipino immigrant who always reminded her how lucky they are to live in Hawaii. She considered her father her mentor who instilled in her the ethics of hard work, stability, generosity, and a good business sense. "Working for EAD is a tribute to my father," Hite says. "Although he has passed on, I think it would be good to know how to help the older population. My mom is getting older, so being a part of the process of helping the elderly sits well with me."

She and husband Dave have been married for 21 years. They have two sons, Wesley, 14, and Tommy, 10. She enjoys cooking, entertaining friends, and being involved as a Band Parent, having chaired the production of the Band Memory Book for her son's school. She has also taught Art Literacy on the mainland. Hite has lived in Maryland, Texas and Oregon where her children were born and has traveled to Germany, Mexico,

Australia and Tahiti both for pleasure and business.

"I'm proud to be a part of a great working team who provide services, assistance and information to help our elderly," says **Kelly Yoshimoto** when asked about being a part of EAD. Born and raised in Honolulu and daughter of second-generation Japanese parents, Yoshimoto says that family is very important to her. "We learn from each other, especially from our parents and grandparents," she says. "Being able to give back in some way is very important to me." She credits the elderly community for having given so much love, hard work and even sacrifice to give everyone the opportunity to have the freedom to live the kind of life they want.

Yoshimoto is inspired by nature. She adores animals and has a strong appreciation for Hawaii's wildlife and marine life. If you don't see her at the beach, you might find her whale or bird watching or just enjoying the beauty that is Hawaii.

Welcome aboard, Melanie and Kelly!



Kelly Yoshimoto

Promoting Partnerships in Fall Prevention: Research into Practice

By: Department of Health Injury Prevention and Control Program Staff



The Injury Prevention Program of the Department of Health (DOH), in conjunction with Kapiolani Community College (KCC) and Hawaii Medical Service Association, will present the third statewide conference on fall prevention in older adults at KCC in Honolulu, Tuesday, August 10, 2004, 8:30 a.m.-4:30 p.m.

Promoting Partnerships in

Fall Prevention: Research into Practice aims to establish a bridge between what research has shown to be best practices for fall prevention and adopting these practices. Every year, nearly one third of adults 65 and older experience falls. The proportion increases with age and frailty. The Centers for Disease Control report that falls are the leading cause of injury deaths among persons 65 and older and the sixth leading cause of death.

This all-day conference is intended to help both professionals and caregivers look at multi-focal causes for falls among the elderly and help older adults make behavioral changes to prevent falls.

Nationally recognized expert **Mary Tinetti, M.D.**, Chief of Geriatrics at the Yale University School of Medicine will deliver the keynote address. She will also moderate a panel of professionals and caregivers that echoes the theme of the conference, "Promoting Partnerships in Fall Prevention: Research into Practice." Like the conference, the panel will address a variety of issues, including cultural appropriateness, legal concerns, medicines and the challenges caregivers face. **Shari Kogan, M.D.**, from The Queen's Medical Center, will deliver the lunch keynote - "Don't Let Those Drugs Land You on your Okole."

Conference topics address a wide range of concerns, including: exercise for fall prevention, home safety monitoring, nutrition to prevent falls, balance issues and how they relate to falls, medications and their effect on older adults, fall ergonomics—approaches to prevention and training, dementia and falls, the Lowe's Project to promote partnerships in fall prevention, the fear of falling, community caregiver support groups, and the role of a personal

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Caring for Family, Caring for Yourself



Caring for aging family members can be overwhelming. Get the training you need to help your loved ones. This conference features a keynote speaker, resource fair, local service providers, and breakout sessions on topics such as:

- Coping With Behavior Challenges in Dementia
- Community Resources – Helping Caregivers Find Support
- The Difference Between Medicare and Medicaid
- Legal Issues in Caregiving
- Balancing the Needs of Working Caregivers
- Home Safety
- And Many More Topics

An O'ahu Caregiver's Conference

Saturday, July 10, 2004

**Sheraton Waikiki
8 a.m. - 3:30 p.m.
Cost: \$25, includes lunch**

Scholarships available for those who meet income guidelines.

For more information, call
523-4545 on O'ahu.



CAREGIVER CONFERENCE SLATED FOR JULY

By May Fujii Foo

The ***"Caring for Family, Caring for Yourself: A Caregivers Conference"*** will be held on Saturday, July 10, 2004 at the Sheraton Waikiki Hotel, 8:00 a.m.-3:30 p.m. Sponsored by AARP, Alu Like, Elderly Affairs Division, HMSA, and Hospice Hawaii, the conference offers the family caregiver practical, up-to-date resources and skills to help them with their responsibilities. The keynote address, "Keeping Things Together Without Falling Apart: A Caregiver's Story," will be delivered by Leland White, National Director of State Operations for AARP.

The conference will bring together speakers from various backgrounds including nursing, social work, pharmacy, and law to share their knowledge and experience in the aging and caregiving field. Twenty-one concurrent sessions geared to assist with caregiving responsibilities will be offered during the day as well as massages and other self-care activities to pamper participants. A Resource Fair will be open from 8:00 a.m. to 2:30 p.m. to disseminate information about local services, products, and tools to assist the caregiver at home. For more information, call the Senior Hotline at **523-4545**.

**PROMOTING PARTNERSHIPS IN
FALL PREVENTION . . .**

Continued from page 4

response system after a fall.

The conference is co-sponsored by the Honolulu Gerontology Program, Child and Family Services; Developmental Disabilities Division, DOH; Elderly Affairs Division-City & County of Honolulu; Hawaii Island Adult Care, Inc; Moiliili Community Center - Elder Care Services; and Project Dana.

Early registration fee (received at KCC by June 15th) is \$30 for general admission and \$15 for family caregivers and students. The fee covers all conference events and includes a continental breakfast, lunch, and snacks. A \$10 late registration fee will be added after June 15, and no reservations will be accepted after July 15. To register, call KCC at **734-9138**.



By Tony Baccay



CDC: Seniors Not Doing Enough Exercise

According to a study conducted by the Centers for Disease Control and Prevention (CDC), only about 11% of the nation's population 65 years and older perform strength exercises. America's seniors are not doing enough to build muscles to help reduce the risks of falls and fractures, and to make daily living activities easier. It is not necessary to join a fitness club or go to a gym. Seniors are encouraged to start with lifting 1-2 pounds then adding

more weight, as muscles grow stronger. Internally, strength training builds bone density and makes the body more sensitive to insulin. Ideally, a national initiative called Healthy People 2010 would like to see 30% of those people 65 years and older perform strength exercises at least twice a week. A book on starting an exercise program is available from the National Institute of Aging at www.nia.nih.gov/exercisebook.

Companions Needed

Interested in becoming either a part-time Senior Companion or Respite Companion to assist frail homebound elders? Applicants must be 55 years or older, meet federal income guidelines, and be physically able to work 20 hours per week. Benefits include hourly pay, vacation and sick leave, paid training, free annual medical exam, transportation allowance, and much more. For more information, please call the Senior Companion Program at **586-5192**.

July Is Safe Return Registration Month

People with Alzheimer's disease may become lost in familiar surroundings, sometimes in their own neighborhoods. Too often they are unable to find their way back or even ask for help. The Alzheimer's Association invites families and caregivers to register their loved ones with Safe Return.

The Safe Return program provides personalized identification bracelets for persons with Alzheimer's disease who might wander and get lost. Safe Return is a nation-wide identification and support service that operates 24 hours a day, 7 days a week whenever a person is lost or found. The program's toll-free 800 number, listed on the bracelet, is linked to a network of community service agencies and private citizens to identify people with Alzheimer's disease, and help them return home safely.

A Safe Return identification

bracelet (or necklace) costs \$40 with registration. Besides jewelry, you will receive iron-on clothing labels, caregiver checklist, stickers, and wallet cards. For an additional \$5, a matching caregiver bracelet is available identifying a person who is the caregiver of a memory-impaired person. You may register for the Safe Return program on the dates and locations as follows:

WAHIAWA - Saturday, July 10, 2004

Wahiawa Shopping Center
823 California Avenue
Between Longs and Foodland
10:00 a.m. - 2:00 p.m.

KAPOLEI - Saturday, July 17, 2004

Ka Punawai Ola
91-575 Farrington Hwy
10:00 a.m. - 2:00 p.m.

KAILUA - Saturday, July 24, 2004

Hope Adult Day Care Center
77 North Kainalu Drive
10:00 a.m. - 2:00 p.m.

HONOLULU -

Saturday, July 31, 2004

Ward Warehouse Conference Rms
1050 Ala Moana Boulevard
10:00 a.m. - 2:00 p.m.

For more information, please call the Alzheimer's Association at **591-2771**.

Gift Of Blood



The Blood Bank of Hawaii recently recognized **Alex Blackwell**, a clerk typist with EAD, for being one of their consistent blood donors. "Donating blood is a relatively painless effort," Blackwell said. "It is my way of giving back to the community." For more information on how to become a donor, call the Blood Bank of Hawaii at **845-9966**.

New Day Care Opens In Aiea

The Lotus Adult Day Care Center opened its doors on March 1, 2004 to participants who are well enough to live at home and who may benefit from assistance with meals, socialization, and physical and mental stimulation. Located in Aiea, the program provides respite to allow caregivers time away from care giving responsibilities while knowing that their family member is safe and in good care. For more information on eligibility criteria and fees, please call **486-5050**.

Calendar of Events 2004

JUNE

- 5 AARP Driver Safety Program.** St Francis Hospital (Liliha), **547-6410**, June 5 & 12, 8:30 a.m.-12:30 p.m. ■ Mililani Kaiser Clinic, **432-2260**, June 5 & 12, 9 a.m.-1 p.m. ■ AARP Information Center, **843-1906**, June 18 & 25, 12 p.m.-4 p.m. ■ Lanakila Multipurpose Senior Center, **847-1322**, June 23 & 25, 8 a.m.-12 p.m.
- 13 Open House and Family Caregiver Seminar,** Sunday, June 13, 1 p.m.-3 p.m., Kuakini Hospital, Hale Pulama Mau Auditorium. For more information, call **455-5287**.
- 17 State Senior Bowling Tournament,** Wednesday-Friday, June 16-18, Hickam AFB Bowling Center, 9 a.m. Contact Mike Aoki at **973-7258** for more information.
- 19 Communicating with your Physician** (Caregiver University Series), Saturday, June 19, 9:30 a.m.-11:30 a.m., Ann Pearl Adult Day Health in Kaneohe. Learn eight simple ways to improve communication with your physician. Please RSVP prior to workshop by calling **591-2771**.

JULY

- 3 AARP Driver Safety Program.** Kapahulu Senior Center, **737-1748**, July 3 & 10, 8:30 a.m.-12:30 p.m. ■ St. Francis Hospital (Liliha), **547-6410**, July 3 & 10, 8:30 a.m.-12:30 p.m. ■ Kaiser Health Center-Hawaii Kai, **432-2260**, July 10 & 17, 8 a.m.-12 p.m. ■ Honolulu Kaiser Clinic, **432-2260**, July 20 & 27, 12 p.m.-4 p.m. ■ Waianae Methodist Church, **668-7160**, July 21 & 22, 8:30 a.m.-12:30 p.m. ■ St. Francis Medical Center-West, **547-6410**, July 24 & 31, 9 a.m.-1 p.m. ■ Queen's Medical Center, **547-4823**, July 18

& 25, 9 a.m.-1 p.m.

- 10 "Caring for Family, Caring for Yourself: A Caregiver's Conference,"** Saturday, July 10, 8 a.m.-3:30 p.m., Sheraton Waikiki Resort. Conference offers the family caregiver practical, up-to-date resources and skills to help them with their responsibilities. Cost includes lunch. Scholarships are available for those who meet income guidelines. For more information, call the Senior Hotline at **523-4545**.
- 10 Wandering Prevention and Safe Return Registration.** Saturday, July 10, Wahiawa Shopping Center, 10 a.m.-2 p.m. ■ Saturday, July 17, Ka Punawai Ola in Kapolei, 10 a.m.-2 p.m. ■ Saturday, July 24, Hope Adult Day Care Center in Kailua, 10 a.m.-2 p.m. ■ Saturday, July 31, Ward Warehouse Conference Rooms in Honolulu, 10 a.m.-2 p.m. Learn common causes of wanderings, tips to prevent wandering behavior, and ways to make your home safer. In addition, you will be able to register your loved one in the Safe Return Program. For more information, please call the Alzheimer's Association at **591-2771**.

AUGUST

- 2 AARP Driver Safety Program.** Hawaiian Eye Center-Wahiawa, **621-6369**, Aug 2 & 9, 8 a.m.-12 p.m. ■ St. Francis Hospital (Liliha), **547-6410**, Aug 7 & 14, 8:30 a.m.-12:30 p.m. ■ Mililani Kaiser Clinic, **432-2260**, Aug 7 & 14, 9 a.m.-1 p.m. ■ AARP Information Center, **843-1906**, Aug 20 & 27, 12 p.m.-4 p.m. ■ Lanakila Multipurpose Senior Center, **847-1322**, Aug 25 & 27, 8 a.m.-12 p.m.
- 7 Caregiving and Legal Issues with Scott Suzuki,** University of Hawaii Elder Law Project, Saturday, August

7, 10 a.m.-11:30 a.m., Ward Warehouse-Kakaako Conference Room. For more information, call Alzheimer's Association at **591-2771**.

- 10 Promoting Partnerships in Fall Prevention: Research into Practice,** Tuesday, August 10, 2004, 8:30 a.m.-4:30 p.m., Kapiolani Community College. For more information and to register, call Kapiolani Community College at **734-9138**.
- 19 Show and Sell Mini Bazaar,** Wednesday, August 19, 8 a.m.-11 a.m. For more information, call **847-1322**.
- 28 Alzheimer's Association Memory Walk/Run 2004,** Saturday, August 28, 7 a.m., Fisherman's Wharf. For registration information, call **591-2771**.

SEPTEMBER

- 4 AARP Driver Safety Program.** Kapahulu Senior Center, **737-1748**, Sep 4 & 11, 8:30 a.m.-12:30 p.m. ■ St. Francis Hospital (Liliha), **547-6410**, Sep 4 & 11, 8:30 a.m.-12:30 p.m. ■ Hawaiian Eye Center-Wahiawa, **621-6369**, Sep 6 & 13, 8 a.m.-12 p.m. ■ Kaiser Health Center-Hawaii Kai, **432-2260**, Sep 11 & 18, 8 a.m.-12 p.m. ■ St. Francis Medical Center-West, **547-6410**, Sep 18 & 25, 9 a.m.-1 p.m. ■ Queen's Medical Center, **547-4823**, Sep 19 & 26, 9 a.m.-1 p.m. ■ Honolulu Kaiser Clinic, **432-2260**, Sep 21 & 28, 12 p.m.-4 p.m. ■ Waianae Methodist Church, **668-7160**, Sep 22 & 23, 8:30 a.m.-12:30 p.m.
- 14 Aloha Festivals and Luau,** Tuesday, September 14, 9:30 a.m.-11 a.m. Aloha Festivals Royal Court will be at the Lanakila Multipurpose Senior Center for a morning of cultural songs and dances. For more information and reservations for luau, call **847-1322**.



SURFING THE AGING NETWORK.COM

By Tony Baccay

www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/index.htm For those interested in feeling stronger, healthier, and more vital. Experts at Tufts University and the Centers for Disease Controls and Prevention developed this strength-training program.

www.nrcai.org A primary source of information about injuries among older Americans.

www.nahbrc.org The goal of the Center is to enable all Americans to continue to live comfortably, safely, and independently in their own homes as they age regardless of income or ability level.

www.nia.hih.gov/exercisebook Information for older adults on starting an exercise program to

maintain their endurance, strength, balance, and flexibility.

www.medicare.gov Medicare beneficiaries can find out about the Medicare Prescription Drug, Improvement and Modernization Act (MMA) of 2003, what Medicare-approved drug discount cares are available to them, new publications including Medicare-approved drug discount care tip sheet and a guide to choosing a drug discount card.

Information and Assistance for family and friends who reside on the Neighbor Islands:

Kauai Agency on Aging 1-808-241-6400
444 Rice Street, Suite 105, Lihue, HI 96766

Hawaii County Office on Aging 1-808-961-8600
Hilo Office
101 Aupuni Street, Suite 342, Hilo, HI 96720

Kona Office 1-808-327-3597
75-5706 Kuakini Hwy., Suite 106
Kailua-Kona, HI 96740

Maui County Office on Aging 1-808-270-7755

Information Assistance & Outreach 1-808-270-7774
200 S. High Street, Wailuku, HI 96793

Molokai 1-808-553-5241

Lanai 1-808-565-6282

To obtain State information, contact:

State Executive Office on Aging (EOA) 1-808-586-0100
250 S. Hotel Street, Suite 406, Honolulu, HI 96813

For Out-of-State information, contact:

National Eldercare Locator 1-800-677-1116

Department of Community Services

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The Area Agency on Aging for the City and County of Honolulu
715 South King Street, Suite 200, Honolulu, Hawaii 96813

County Executive on Aging Karen Miyake

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**. Written contributions to the newsletter are welcomed.

JEREMY HARRIS, Mayor
City and County of Honolulu



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